

# Aspire Program

**Spring Session:** March 18th – May 30th, 2019

**Location:** Indoor Location- Dome @ Louis-Riel in Blackburn Hamlet 1659  
Bearbrook Rd, Gloucester, ON K1B 4N3

\*April 23rd: Move to Terry Fox Athletic Facility - Mooney's Bay Park, 2960 Riverside Dr.  
This is an outdoor location, so please dress for the weather as we train in all conditions

**Ages:** 14 – 16

**Cost:** \$390 for one session per week – Choose 1 of 4 days available  
\$585 for up to 3 sessions per week – Choose out of the 4 days available

**Two Training themes:**

- Endurance
- Speed/Power

**Days/Times:**

*Monday* 6:30pm-8pm

*Tuesday* 6:30pm-8pm

*Thursday* 6:30pm-8pm

*Saturday* 10:30am-12pm

<b>Dates:</b> <i>March</i>	18, 19, 21, 23 25, 26, 28, 30
<i>April</i>	1, 2, 4, 6 8, 9, 11, 13 15, 16, 18, 20 [ <i>Easter Bunny Pursuit</i> ] 23, 25, 27 29, 30
<i>May</i>	2, 4 6, 7, 9, 11 13, 14, 16, 18 21, 23, 25 [ <i>No Practice on the 20<sup>th</sup> for Victoria Day</i> ] 27, 28, 30